

BECOME A RED CROSS LIFEGUARD

THROUGH CERTIFIED AMERICAN RED CROSS INSTRUCTORS

Lifeguard students must complete the Pre-Test prior to registering for the class

- Swim 300 yards continuously without stopping, using front crawl or breast-stroke
- Tread water for 2 minutes using the legs only.
- Swim 20 yards, retrieve a 10 pound diving brick from 7 – 10 feet deep, swim back to the starting point with both hands on the brick, exit the pool without using a ladder, within 1 minute 40 seconds



PRE-TEST (\$25.00)

JULY 5 OR 6

12:00P—2:00P

CLASS (\$75.00)

JULY 11—15

MON, WED, FRI

11:00A—4:00P

TUE & THUR

12:00P—4:00P

TO REGISTER: hampton.gov/parks/register
Click on Aquatics

Already Certified?

Apply online @www.hampton.gov



**American
Red Cross**

